



# W@W

## Winning @ Wellness

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## Be Healthy @ Work: Living with Arthritis

Have you started to feel pain and stiffness in your body lately? Do your hands, knees or shoulders get sore, hard to move and swollen? Chances are you may be developing arthritis which affects 70 million adults, including 1.3 million Missourians. Arthritis includes more than 100 different rheumatic diseases and conditions and remains the most common cause of disability. It is not a life sentence, but it can be life changing. Simple daily tasks can become difficult and painful, while managing family life and juggling work can be exhausting.

### What is arthritis?

The word "arthritis" means joint inflammation. Inflammation is one of your body's natural reactions to injury or disease. Arthritis can cause pain, stiffness and swelling in joints or other supportive body structures, such as muscles, tendons, ligaments and bones.

Other symptoms of arthritis include:

- redness
- warmth
- decreased range of motion
- tenderness

These symptoms can vary in severity from person to person.



### Types of arthritis

Three of the most common types are:

- **Osteoarthritis**-the most common type and results from overuse of your joints. It occurs when the cartilage covering the end of the bone wears away. Without that protection, the bones rub against each other, which leads to pain and swelling. Although it can occur in any joint, it occurs mainly in the weight-bearing joints like knees, hips and the spine.
- **Rheumatoid arthritis (RA)**-can affect any joint in the body except for the lower back. It usually involves the hands, wrists and knees. With rheumatoid arthritis, the body's immune system attacks itself and causes the joint lining to swell. Inflammation can then spread to surrounding tissues and damage cartilage and bone. In severe cases, it can affect your skin, eyes, lungs and nerves. Seventy five percent of those affected with RA are women.
- **Gout**-occurs when your body cannot eliminate uric acid. Excessive uric acid forms needle-like crystals in joints which cause swelling and severe pain. Gout usually affects your wrist joints, knees and big toe. Men are usually more likely to be afflicted with gout than women.

### What causes arthritis?

Most types of arthritis have no known cause. Researchers state that there are probably many different causes. They are looking at how genetics and lifestyle behaviors play into the development of arthritis.

### Risk factors

Some risk factors for arthritis include:

- **Age**-your chances of getting arthritis increase with age.

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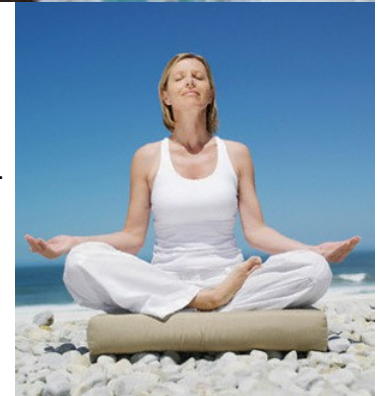
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- **Gender**-in general, arthritis occurs more frequently in women than men.
- **Obesity**-being overweight or obese puts extra wear and tear on your weight-bearing joints.
- **Work factors**-some jobs that require heavy lifting or repetitive movements can cause stress on your joints or cause an injury, which can lead to arthritis.
- **Family history**-some types of arthritis run in families.
- **Previous joint injury**-people who have injured a joint, perhaps while playing a sport, are more likely to eventually develop arthritis in that joint.

### What can be done to address arthritis?

Making some lifestyle changes can help manage arthritis. Some of those changes include:

- **Learn techniques to manage your arthritis**-there are several self-management education courses available. Check out the DHSS website at <http://health.mo.gov/living/healthcondiseases/chronic/arthritis/index.php> for more information on classes available in Missouri.
- **Be physically active**-studies have shown that physical activity can reduce pain and improve function, mood and quality of life for adults with arthritis. For more tips on physical activity and arthritis, go to: [http://www.cdc.gov/arthritis/pa\\_factsheet.htm](http://www.cdc.gov/arthritis/pa_factsheet.htm).
- **Maintain a healthy weight**-staying at a healthy weight will help lessen the pressure on your joints.
- **Make things easier at home**-sometimes, certain activities can be a struggle with arthritis, but that doesn't mean you can't do them. There are many aids and devices available that can help you reach, grip and pull objects without help from anyone else.
- **Relaxation**-learning ways to mentally cope with arthritis is also important. Activities such as deep breathing, meditation, yoga and tai chi can help control the stress you may experience with your condition.
- **Consult your healthcare provider**-working in conjunction with your healthcare provider will help you find the right course of action to manage arthritis.



### Tips for living with arthritis

Although being diagnosed with arthritis may seem overwhelming, know that you can still live a full life. Staying positive, learning to listen to your body, adopting healthy lifestyle habits, working with your healthcare provider and seeking mutual support will help you deal with your condition and maintain control over it.

### Resources:

<http://www.moarthritis.org>

<http://www.cdc.gov/arthritis>

<http://www.webmd.com/osteoarthritis/guide/arthritis-basics>

<http://www.arthritis.org>

## An Ounce of Prevention: Protect Yourself—Flu Season is Around the Corner

Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

CDC recommends a yearly flu vaccine for everyone six months of age and older as the most important step in protecting against this disease. It is especially important for people who are at high risk of developing serious complications from the flu to get vaccinated. This includes people who have certain medical conditions including asthma, diabetes and chronic lung disease, pregnant women, people 65 years and older and caregivers of people with certain medical conditions such as asthma, diabetes and chronic lung disease.

Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

## Move More @ Work: Discrete Chair Exercises

Most of us have sedentary office positions that do nothing to improve our physical health. While parking at the back end of the parking lot and walking at lunch and on breaks help us work physical activity into our day, we spend the majority of our work day sitting. Below are several discrete exercises that can help you get more from the time you are sitting in your cube, office or that long meeting.

**Glute Clenches** will help improve the tone and shape of your butt even while you sit at your desk. Squeeze your glutes as tight as you can. Hold the squeeze for two seconds, relax then repeat. Complete 20 short clenches and then clench and hold for 30 seconds. Repeat the sequence several times throughout the day.

You can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading the disease to others.

For more information about influenza and locating a flu clinic in Missouri, see the department's website at: <http://health.mo.gov/living/healthcondiseases/communicable/influenza/>.



Also check out the CDC's website at <http://www.cdc.gov/flu/protect/keyfacts.htm> for more information about influenza vaccines.

The **Stomach Vacuum** will help you discretely strengthen and condition your abdominal muscles. Sit in your chair with your back straight. Hollow your stomach by pulling your belly button toward your spine as far as possible. Maintain this position for five to 10 seconds, breathing normally throughout the exercise. Repeat 10 to 15 times.



Resource: <http://www.livingstrong.com>

## The Employee Buzz...

***“What kinds of things do you put in your family’s home emergency preparedness kit?”***

*“Band-aids, water, hand sanitizer, flashlights, batteries, battery operated radio, scotch tape, duct tape, needles and safety pins, Tylenol.”* **Theresa Bates, Bureau of Vital Records**

*“I have a flashlight app on my android that converts my phone into a flashlight and I downloaded important documents and family photos to a flash drive.”* **Sharlet Kroll, Office of Primary Care and Rural Health**

*“Things in our home emergency kit include: water, canned foods, dog/cat food, wind-up flashlight, radio/batteries and first aid kit.”* **Michelle Nienhuis, Bureau of WIC & Nutrition Services**

*“I have 2 gallons of water per person/1 gallon for pets, flashlights, granola bars, toilet paper, sanitizer, batteries, radio, prescriptions, dog/cat food, first aid kit.”* **Melessa Wilson, General Services**

*“Non perishable food, first aid supplies.”* **Lynette Jackson, Section of Epidemiology for Public Health Practice**

*“Along with the standard list from the Ready in 3 program (canned food, water, battery powered radio, etc), I also have a few family photos, games/activities for my daughter and some extra dog food.”* **Megan Hammann. CERT**

**We want to hear from you for the next Employee Buzz!** With the holidays upon us, we want to know ***“How do you manage stress during the holiday season?”*** For example, ***“I treat myself to a massage.”*** For information on managing stress during the holidays visit <http://www.mayoclinic.com/health/stress/MH00030>. Email your response to [worksitewellness@health.mo.gov](mailto:worksitewellness@health.mo.gov). Please tell us if you do not want your name included with your quote.

### Myfamily: New mobile app from HHS

The myfamily app is a new free mobile app from the U.S. Department of Health & Human Services that allows you to set and customize health alerts and reminders and keep track of past medical check-ups and vaccinations.

All the content currently found at [healthfinder.gov](http://healthfinder.gov) can be accessed through the application. Other features include:

- A prescription drug reminder
- The Record Box which holds health history information so you can easily share it with your doctor
- Information about the services covered by the Affordable Care Act

For more information go to <http://www.healthfinder.gov/stayconnected/>.



## Eat Smart @ Work:

### Apple & Fennel Roasted Pork Tenderloin

#### Ingredients:

- 2 large sweet-tart apples, such as Fuji or Braeburn, sliced
- 1 large bulb fennel, trimmed, cored and thinly sliced, plus 1 tablespoon chopped fronds for garnish
- 1 large red onion, sliced
- 1 tablespoon plus 2 teaspoons canola oil, divided
- 1 pound pork tenderloin, trimmed
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons cider vinegar

#### Preparation:

- Position racks in upper and lower thirds of oven; preheat to 475°F.
- Toss apples, sliced fennel and onion with 1 tablespoon oil in a large bowl. Spread out on a rimmed baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes.
- About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat. Sear the pork on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast until just barely pink in the center and an instant-read thermometer registers 145° F (about 12 to 14 minutes).
- Transfer the pork to a cutting board and let rest for 5 minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.

**Serving suggestion:** Serve with sautéed broccoli to make a tasty and colorful meal.

**Yield:** 4 servings

Source: Eating Well

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_5\\_ingredient\\_dinner\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_5_ingredient_dinner_recipes)



#### Nutritional Information Amount per serving

Calories: 258  
Fat: 9g  
Saturated fat: 1g  
Monounsaturated fat: 5g  
Protein: 25g  
Carbohydrate: 21g  
Fiber: 5g  
Cholesterol: 74mg  
Sodium: 374mg  
Potassium: 861mg

**“The groundwork for all happiness is good health.”**

**Leigh Hunt**

## DHSS Wellness Superstar

**Tim Jackson**, Regional Manager for the Division of Senior and Disability Services, Region 2 is our Wellness Superstar for this issue. This is his story.

For the last few years, I have been about 25 pounds heavier than I wanted to be. I'd made half-hearted failed attempts at dieting which usually included starving myself one day just so that I could gorge myself the next. About four months ago, I decided to start keeping track of the amount of calories I consumed each day so I downloaded an app for my phone that helped me log what I was eating. It gave me a target amount of calories which immediately caused me to consume less than I had been eating. I was probably consuming anywhere between 3000 and 5000 calories a day and my new target (given to me by this non-compassionate app) was around 1800 calories per day. So, I did my best to hit my target and found that I could get pretty close if I paid attention to what I was eating and remained disciplined enough to eat only when I'm hungry. My co-worker (and assistant- Sara) helped by sharing ideas for low-calorie food items and we soon became each other's peer pressure/support system.

Around the same time, I decided to really embrace Walking Wednesdays. Yes, I had walked on Wednesdays in the past so that I could wear jeans and tennis shoes for the day but I didn't really engage it as an opportunity to push myself. I got another app for my phone that kept track of the distance that I was walking. I figured out that, if I kept myself at a good pace, I could walk an entire mile within a 15-minute break. I also figured out that it's awfully rewarding to realize that I can walk a mile in 15 minutes while merely taking a break from doing my job. So, Walking Wednesdays spilled into every other work day.

Since I'd never been successful at losing weight in the past, I stayed away from the scale. I didn't want lack of weight loss to deter me from my new healthier lifestyle. I wanted to keep up what I was doing because I felt better. But I finally broke down and stepped on the scale about a month after starting. I discovered I had lost about 15 pounds. I was ecstatic and this was the good news I needed to continue eating right and exercising. It's now been 4 months and I have officially lost 30 pounds. I feel so much better. I can breathe better due to less sinus issues, and

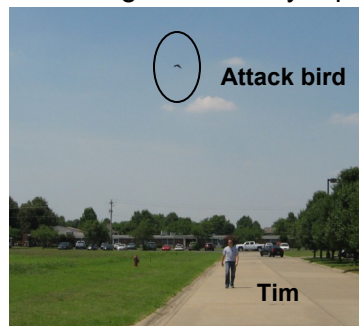
my snoring (which was presenting my spouse with a bit of a problem) has reduced to little or none.

I must warn that Walking Wednesdays does not come without its fair share of danger. Here is the written account that I sent my supervisor after experiencing terror on my afternoon walk during a recent Walking Wednesday...

*"I just went out for my afternoon walk... made the turn at the front of the building by the trees at the street (my normal route) and all of a sudden I felt something in my hair. I swat it away thinking it's a bug or something. Nope, it's a bird! The bird flies back and away from me but hovers about 15 feet in the air following me as I ran in fear for a good 25 yards chirping all the way (the bird chirped... not me). Then it followed me for the entire length of the building until I turned and headed for the rear of the building where our office door is. After sharing the story with my co-workers, I decided to head back out determined to finish my walk. I took a different route this time thinking that I just got too close to the bird's nest in a tree or whatever. So, I made the turn at the front of the building which is fairly far away from the scene of the attack... and that bugger was waiting for me again, this time at the corner of the building, and starts chirping at me and air-stalking me. So I ran in a chaotic zigzag across the parking lot away from the building. Also this time, he followed me all the way back to the other side of the building where our office door was... chirping all the way (both of us this time). I think I'm calling it quits on my afternoon walk. So, to summarize, that was 1.03 miles in the morning and .81 mile (much of that in a fearful sprint) in the afternoon.*

I had my professional photographer (Sara) follow me around on Walking Wednesday to try to get a photo of the bird attacking me (as it continues to haunt me daily). Although we never could get a good photo of it, here is one showing the bird right before his/her descent to a fly-by. As for my Walking Wednesday report, I'm happy to say that,

despite the avian attacks, I got in 2 miles today. How did you do? And if you haven't walked yet today, there's still time before 5:00!"



# Worksite Wellness News

## Strive For Wellness Ambassador Update

### Get Your Walking Shoes On!

The Strive for Wellness (SFW) team is organizing a 5K walk/run in Jefferson City on October 5th for state employees and their families. If successful, additional events across the state may be planned. The WWC will send out additional information about the Jefferson City event when available so that we have good participation from DHSS!

### Change in Weekly Wellness Message Delivery

You may have noticed by now that the weekly wellness messages are no longer coming to your email inbox. The messages are still available through the DHSS Worksite Wellness webpage at <http://dhssnet/worksitewellness/workplace.php>. It may be helpful to set a weekly reminder on your calendar so you don't miss out on any of the useful health information yet to come.

### Regional Reach Project

A preliminary review of the pilot project creating building wellness committees in Columbia and

Springfield has shown that this delivery model will likely be successful in reaching more state employees with wellness messages and opportunities. As a result, the SFW Building Team concept is expanding, and five SFW Building Teams will be started at the following locations during the upcoming months:

Genesse – Kansas City  
220 S Jefferson – St. Louis  
4411 N Newstead Ave. – St. Louis  
501 Lucas and Hunt – St. Louis  
7545 S Lindbergh – St. Louis

As always, the Wellness Committee welcomes your ideas and encourages your participation in all DHSS and *Strive* initiatives. Please feel free to provide feedback to your committee members and on the surveys available at the end of each *Strive* campaign.

Sincerely,  
Pat Simmons & Michelle Jacobsen  
DHSS Wellness Ambassadors

## Upcoming Wellness Events

### Walking Wednesdays

The **1st and 3rd Wednesdays** of every month are **Walking Wednesdays**. But don't forget that if there is a **5th Wednesday** in a month, that too is a Walking Wednesday! **REMINDER: By wearing jeans on a Walking Wednesday, you are committing yourself to walking a total of 30 minutes at break and/or during your lunch hour.**



### Walk With Ease

The Worksite Wellness Committee is conducting a *Walk With Ease* class starting in September at the Wildwood campus. Email [worksitewellness@health.mo.gov](mailto:worksitewellness@health.mo.gov) for more info on the class.

### Exercise Classes

DHSS will be offering exercise classes at the Wildwood campus starting in October. There will be two lunch time classes and an after work Zumba class. Watch for more information.

### Physical Activity Scavenger Hunt

Check out the winning photos of the DHSS Scavenger Hunt at: <http://dhssnet/worksitewellness/programs.php>.

### Mamm Van

Mark your calendar for Thursday, March 20 and Friday March 21 for the Ellis Fischel Mamm Van. More details will follow.